

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

November 10, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 103 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing high transmission of COVID-19 advisory for the following communities. The cases reflect dates October 27 – November 9, 2022. The advisory will be in effect until the high transmission and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Baca/Prewitt	Ganado	Nahatadziil	Rock Point	Teecnospos
Becenti	Houck	Naschitti	Rock Springs	Teesto
Beclabito	Indian Wells	Nazlini	Rough Rock	Thoreau
Bread Springs	Iyanbito	Newcomb	Sanostee	Tohajiilee
Casamero Lake	Kayenta	Pinon	Sheepsprings	Tohatchi
Chichiltah	Low Mountain	Pueblo Pintado	Shiprock	Tsaile/Wheatfields
Chinle	Lukachukai	Ramah	Shonto	Tsayatoh
Churchrock	Lupton	Red Lake	St Michaels	Tselani/Cottonwood
Coyote Canyon	Manuelito	Red Rock	Standing Rock	Twin Lakes
Crownpoint	Many Farms	Red Valley	Tachee/Blue Gap	Upper Fruitland
Fort Defiance				

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness	Might be at Increased Risk for Severe Illness
<ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions• Immunocompromised state• Obesity and severe obesity• Pregnancy• Sick cell disease• Smoking• Type 2 diabetes mellitus	<ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state• Neurologic conditions, such as dementia• Liver disease• Overweight• Pulmonary fibrosis• Thalassemia• Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.
- Avoid close contact with people who are sick.

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.